



Potassium Power Smoothie

INGREDIENTS

- 1 banana, preferably frozen
- 1 c packed fresh baby spinach
- 1/2 avocado, pit and skin removed
- 1 large orange, juiced
- 1/2 cup frozen mango, chopped
- 1 cup coconut water
- 1 tsp honey (or agave for vegan)

DIRECTIONS

Combine all of the ingredients in a high-speed blender and blend until smooth. Serve topped with chia seeds or unsweetened coconut.

Experiment with flavor by swapping the orange for berries. Potassium can help manage healthy blood pressure and keep electrolytes balanced after working out.